

# News Leader

FORT SAM HOUSTON

A PUBLICATION OF THE 502nd AIR BASE WING — JOINT BASE SAN ANTONIO

AUGUST 11, 2011  
VOL. 53, NO. 32



**BACK TO SCHOOL**

**BASHES**

Aug. 11 6-8 p.m.

LMH Main Resident Center

Aug. 13 10 a.m.-1 p.m.

Keith A. Campbell Library

*"One Team, Supporting Military Missions and Family Readiness!"*

## 502nd Air Base Wing new headquarters open for business

By Steve Elliott  
FSH News Leader

Just 387 days after first breaking ground, the 502nd Air Base Wing officially opened the doors of its new 25,000-square-foot headquarters building located within the Fort Sam Houston National Historic Landmark District Aug. 5.

"It's amazing what has happened in the last year since I helped turn that

first shovel of earth," said Dr. C.E.M. Maxwell, deputy director, San Antonio Joint Program Office at Randolph Air Force Base. "Here in San Antonio, we have come to expect a pace of change that is just outstanding."

Funded by the U.S. Air Force as part of the 2005 Base Realignment and Closure law, the new two-story facility cost approximately

See 502ND, P8



Photo by Steve Elliott

Assisting Brig. Gen. Theresa C. Carter, 502nd ABW commander and Lt. Gen. Guy Swan, Army North commanding general (center), in cutting the ribbon to officially open the 502nd Air Base Wing headquarters Aug. 5 are (from left) Tom Batenhorst, GSBS Architects; Joe Tracy, chief of construction management, Hill & Wilkinson; Chief Master Sgt. Toby T. Tibbits, acting 502nd ABW command chief; Dr. C.E.M. Maxwell, deputy director, San Antonio Joint Program Office; Robert Graves, the first 502nd ABW vice commander; David Thomas, director, San Antonio Joint Program Management Office, U.S. Army Corps of Engineers; Alan Grimes, vice president, Leetex Construction and Jason Bettisworth, U.S. Army Corps of Engineers.

## METC cytotechnology student earns top honors

Navy Hospital Corpsman First Class Yeong Kim, recipient of the 2011 Geraldine Colby Zeiler Award for students of cytotechnology, receives a Flag Letter of Commendation July 29 signed by Navy Rear Adm. Bob Kiser, commandant of the Medical Education and Training Campus, from Col. Larry Hanson, dean of academics. Kim is assigned to the Federal Health Care Center, Great Lakes, Ill.

Photo by  
Staff Sgt. Lisa Easterling



By Lisa Braun  
METC Public Affairs

Navy Hospital Corpsman First Class Yeong Kim not only graduated with top honors from the first Medical Education and Training Campus Interservice Cytotechnology Program as the Distinguished Honor Graduate on July 29; he is also the latest in a line of students of the combined Army and Navy program to receive the prestigious Geraldine Colby

Zeiler Award.

The Zeiler Award, established in memory of the late cytotechnologist Geraldine Colby Zeiler, is presented to students of cytotechnology to stimulate and reward high achievement and promise during their training.

Cytotechnologists screen human cell samples under the microscope to detect early signs of cancer and other diseases. Physicians use the information supplied by the cyto-

technologists to make a final diagnosis.

Only the top five cytotechnology students throughout the United States and Puerto Rico are granted the award each year, along with a \$1,000 prize.

Kim, who is assigned to Federal Health Care Center, Great Lakes, Ill., is the fourth student in the Interservice Cytotechnology Program in four consecu-

See METC, P11

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## Editorial Staff

502nd Air Base Wing Commander  
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502nd Mission Support Group  
Commander  
**Col. John P. Lamoureux**

Public Affairs Officer  
**Karla L. Gonzalez**

Editor  
**Steve Elliott**

Associate Editor  
**L. A. Shively**

Writer/Editor  
**Lori Newman**

Layout Artist  
**Joe Funtanilla**

**News Leader office:**  
2330 Stanley Road  
Building 122, Suite C  
Fort Sam Houston  
Texas 78234-5004  
210-221-1031  
DSN 471-1031

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# Make back to school safer for everyone

By Cassandra Fultz  
502nd ABW Ground Safety Office

It's getting close to that time again when anxious children are preparing to start the new school year.

It's also time for both drivers and pedestrians to use extra caution in their travels.

The following are some tips to keep in mind, not only during the first couple of weeks when school starts again, but all year round.

When driving in and around school zones, whether on or off base, make sure to obey the posted speed limit. These can vary depending on where you are, so it is imperative to look for the posted speed limit. Additionally, fines for speeding in off-base school zones can be very high.

Don't use a cell phone – in any manner – while in a school zone; offenders can and will be ticketed.

While on other areas of military installations, a hands-free device is the only way to use your phone.

Drivers should also be aware of school buses. When a bus stops and has its flashing lights on, you must stop; children will be loading and

unloading and they can often dart out without looking.

Parents should start reminding their children of the proper way to approach and get off a school bus as well. While waiting for the bus to pick them up, children need to stand about five steps back from the curb, so as not to get hurt when the bus pulls up.

Make sure children know when exiting the bus, they should cross in front of the bus, so the driver can always see them and should not just run across the street.

Ensure children understand to use marked cross walks when they need to cross the street.

For those children who walk or bike to school, make sure they are either accompanied by an adult or they are with a responsible group.

When riding bikes make sure they wear a helmet that fits properly. Children riding bikes also need to obey street signs and should only cross streets at appropriately marked crossings.

Following these few simple safety tips can ensure that everyone has a safe and fun first day back to school.



## Edwards Aquifer Level

in feet above sea level  
as of Aug. 10

**CURRENT LEVEL \* = 641.3'**

\*determines JBSA water conservation stage

**Normal - above 660'**

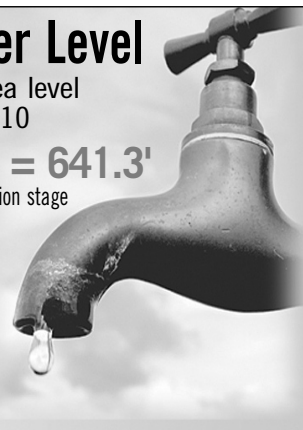
**Stage I - 660'**

**Stage II - 650'**

**Stage III - 642'**

**Stage IV - 640.5'**

**Stage V - 637'**



## Weekly Weather Watch

	Aug 11	Aug 12	Aug 13	Aug 14	Aug 15	Aug 16
San Antonio Texas	 105° Mostly Sunny	 104° Partly Cloudy	 101° Partly Cloudy	 102° Mostly Sunny	 102° Sunny	 101° Sunny
Kabul Afghanistan	 92° Sunny	 90° Sunny	 88° Scattered T-Storms	 91° Scattered T-Storms	 93° Scattered T-Storms	 93° Sunny
Baghdad Iraq	 115° Sunny	 114° Sunny	 111° Sunny	 111° Sunny	 110° Sunny	 111° Sunny

(Source: The Weather Channel at www.weather.com)

# ICE

Have feedback  
for a post customer  
service provider?

<http://ice.disa.mil>



## News Briefs

### **BAMC Valet Parking will discontinue Aug. 31**

Brooke Army Medical Center will no longer offer valet parking service after Aug. 31. This temporary service was offered during the period of 2005 Base Realignment Closure construction and renovation to lessen stress for patients with appointments. The new 5,000-space parking complex is open and provides parking space for patients and staff. The first level of the garage has 800 spaces designated for patient parking with access to shuttle service through Sept. 23.

### **Feds Feed Families Campaign**

The Feds Feed Families Campaign runs through Aug. 31. Drop-off boxes are available at the FSH Commissary and the 502<sup>nd</sup> Mission Support Group headquarters, Building 122 on Stanley Road, to donate non-perishable food or personal hygiene products. Call 295-1098 for more information.

### **502nd MSG/LMH Back to School Bash**

Lincoln Military Housing officials invite all Fort Sam Houston housing residents to 502<sup>nd</sup> Mission Support Group commander Col. John P. Lamoureux' first Back to School Bash/Quarterly Town Hall meeting Aug. 11 from 6-8 p.m. at the Main Resident Center, Building 407. Briefings will be conducted by MWR, the Fort Sam Houston Independent School District, Security Forces, Fire Department, Boy/Girl Scouts and more. Refreshments will be served along with visits by McGruff and Sparky. There will also be a bouncy castle, cotton candy and snow cones. LMH is providing raffle prizes and families will receive a school supply bag of goodies as well. For more information, call 270-7638.

### **Mandatory TARP Training**

Threat Awareness and Reporting Program training, formerly SAEDA, for Fort Sam Houston military, civilian and contract personnel will be held Aug. 15, 1-2 p.m. and 2:30-3:30 p.m.; Aug. 16, 8-9 a.m. and 10-11 a.m.; Aug. 17, 8-9 a.m.

See NEWS, P4

# Southern Regional Medical Command, BAMC welcome new CSM

By Maria Gallegos  
BAMC Public Affairs

Southern Regional Medical Command and Brooke Army Medical Center Command Sgt. Maj. Donna Simmons passed on the guidon to Command Sgt. Maj. Marshall L. Huffman during a change of responsibility ceremony Aug. 5 at Fort Sam Houston's MacArthur Parade Field.

Maj. Gen. M. Ted Wong, SRMC and BAMC commanding general, hosted the event and praised Simmons for her dedication and devotion towards her troops, staff and the warriors during her time with the command.

He spoke of her accomplishments, contributions, stellar leadership, motivation and her mentoring to get the mission accomplished.

"Donnas' absolute integrity, loyalty and genuine concern for the development and welfare of Soldiers, subordinates and staff, distinguishes her

as one of the most respected members of her profession and the U.S. Army Medical Command," Wong said.

As CSM, she led more than 16,500 staff at 10 separate military treatment facilities during its reorganization from Great Regional Medical Command to SRMC. The integration was comprised of more than 21,000 staff at 11 different military treatment facilities throughout 10 states, including the Commonwealth of Puerto Rico.

She also helped facilitate the opening of six temporary surgical operating room shelters to accommodate the increased surgical mission in support of Operations New Dawn and Enduring Freedom.

Simmons was instrumental in planning and implementing the 2005 Base Realignment Closure and integrated all personnel to meet BRAC suspense dates.

Her leadership, mentoring and her support to MTF's command sergeant majors played



Photo by Dwayne Snader

Maj. Gen. M. Ted Wong, SRMC and BAMC commanding general, passes the guidon to incoming Command Sgt. Maj. Marshall Huffman during a change of responsibility ceremony held Aug. 5 at Fort Sam Houston's MacArthur Parade Field.

a vital role to their mission success.

Simmons also redesigned and integrated BAMC depart-

ment of ambulatory services into seven clinics which en-

See SRMC, P7

## Infantryman receives Purple Heart at WFSC

By Maria Gallegos  
BAMC Public Affairs

Spc. Lee Sage was honored for his bravery and selfless sacrifices during a Purple Heart ceremony at the Warrior and Family Support Center Aug. 3.

Maj. Gen. M. Ted Wong, commanding general of Brooke Army Medical Center and Southern Regional Medical Command, hosted and presented the Purple Heart medal and certificate. He praised Sage for his courage, dedication and sacrifices made to defend our country and freedom.

"We're not leaving you behind. Maintain your positive attitude and you will get

through this," Wong said. Sage was assigned to Com-

pany A, 2nd Battalion, 27th Infantry, 3rd Brigade Combat



Photo by Maria Gallegos

Spc. Lee Sage receives his Purple Heart certificate from Maj. Gen. M. Ted Wong, BAMC and SRMC commanding general, at the Warrior and Family Support Center Aug. 3 as his mother, Barbara Sage, looks on.

Team, when he received small arms fire while dismounted on a patrol, resulting in his combat injuries May 8.

"Thank you all for being here today, this is a great honor," Sage said.

"Wolfhound (his unit), thank you for all the support you've given me."

The Purple Heart is awarded to members of the Armed Forces of the United States who are wounded by an instrument of war in the hands of the enemy and posthumously to the next of kin in the name of those who are killed in action or die of wounds received in action.

It is specifically a combat decoration and the oldest military honor in the world in use.



## News Briefs ;

### from P3

and 11:30 a.m.-12:30 p.m.; and Aug. 18, 8-9 a.m. and 10-10:40 a.m. at Blesse Auditorium, Building 2841. The mandatory training is conducted by 902nd MI Group Counterintelligence. Call 295-7749 for information.

### IMCOM Ribbon Cutting and Open House

A ribbon-cutting ceremony and open house for the new Installation Management Command Community Campus will be held Aug. 19 at 9 a.m. at Building 2261, 2405 Gun Shed Road, near Stanley and Reynolds roads. The event is open to all Fort Sam Houston personnel. IMCOM oversees all facets of managing Army installations around the world. The headquarters was relocated to Fort Sam Houston as part of the 2005 Base Realignment and Closure actions.

### Women's Equality Day

Fort Sam Houston will hold a women's equality day event Aug. 26, 10:30-11:30 a.m. at the Roadrunner Community Center, Building 2797 Stanley Road. Call 221-9543 for information.

### Spouses' Conference

The "It's Not Easy Being Green" spouses' conference is Sept. 22-23 from 8:30 a.m.-2:15 p.m. at Dodd Field Chapel. Military spouses from all branches of service are welcome to attend. The cost is \$5. The two-day event offers guest speakers, informative classes, food, prizes and free child care. Call 221-9826 or 221-2585 for registration information.

### Gas Line Installation

City Public Service will be constructing a gas line through Oct. 9. Construction will be off N. New Braunfels Road near the Quadrangle, proceed through the Infantry Post area and continue up to Building 4011. Call 221-1983 or 221-4277 for more information.

# Senior leaders meet wounded warriors; find motivation, inspiration

By L.A. Shively  
FSH News Leader

Air Force general officers and Senior Executive Service members spoke with wounded warriors and toured the Center for the Intrepid at Fort Sam Houston Aug. 2.

The panel discussion and center visit are components of a mandatory, annual Senior Leaders Orientation Course, designed to engage newly-minted active and reserve military and civilian leadership with issues integral to the military.

This year's group of 112 personnel visited facilities at Fort Sam Houston and Lackland Air Force Base during a three-day tour.

"It allows us to expose new general officers to parts of the military they may not have seen before, talk to leadership as a group and get on the same level playing field of knowledge," said Air Force Lt. Gen. Darrell D. Jones, deputy chief of staff for Manpower, Personnel and Services,

Headquarters U.S. Air Force, Washington, D.C.

Jones explained the panel discussion with four wounded warriors, representing each of the branches of service, gives the leadership an idea of the challenges they face.

"If we're sensitive to those challenges, if we understand the hurdles they go through, it will make us better leaders," Jones said.

"Each case is different, each person has a story they need to tell, and we need to respond individually. When someone has given so much to the nation, we have to give as much.

"First and foremost, it helps us understand some of the challenges wounded warriors face on a day-to-day basis," explained Air Force Col. Thomas Gould, commanding the 435th Air Ground Operations Wing, U.S. Air Forces in Europe, Ramstein Air Base, Germany. Gould was nominated for brigadier general.

"From our perspective, it allows us the opportunity to change some of the things



Photos by L.A. Shively

Air Force Staff Sgt. Johnnie Yellock Jr. describes the position he was in after a roadside bomb exploded under his vehicle in Afghanistan.

we are doing within our own organizations, either prior to going downrange or after they come home," Gould said. "The thing that affected me most profoundly was the resiliency of our airmen – the pain and suffering they endure and the optimism they still possess to overcome those challenges."

Air Force Brig. Gen. Scott Zobrist pressed his foot against a patch of green turf wounded warriors use to regain balance using a prosthetic while walking on pliable surfaces at the CFI.

"I was trying to imagine what it would be like if I didn't have my right foot," said Zobrist, commander, 31st Fighter Wing, Aviano Air Base, Italy.

"It was difficult enough just to sense the ground with my own foot – an inch can make you fall. What would it be like with a prosthetic foot?"

Zobrist said his exercise with the plot of grass was an effort to change his perspective – the focus of the course.

"It puts a face with the actual (medical and psychological) processes, what is going

on with the troops that they're leading and the decisions they will be making," explained Navy Chief Machinist's Mate Robert Bruce, who spoke during the panel discussion.

Bruce was burned over 30 percent of his body when a boiler exploded aboard the Emory S. Land-class submarine tender USS Frank Cable (AS 40). He has been in treatment at the Brooke Army Medical Center for nearly five years.

"It helps them actually see our stories," Bruce explained and credited fellow wounded warriors, the military staff at Brooke Army Medical Center and the resources at CFI for his recovery.

"If I was in the situation I am in now in civilian life, I know it would be literally twice as hard to get through what I've gone through. It would have taken longer in every aspect of my recovery just for the fact that your future is uncertain," he said.

"It's one of the things you think about immediately when



Navy Chief Machinist's Mate Robert Bruce tells the story of his injuries and discusses the accident aboard his ship, the USS Frank Cable (AS 40), that led to his injuries with members of the senior leadership course. To his left is Marine Staff Sgt. Johnathan Rose and to his right is Capt. David Inbody.



## CHANGE OF COMMAND AT U.S. AIR FORCE BAND OF THE WEST



**Photo by Robbin Cresswell**

Brig. Gen. Theresa C. Carter, 502nd Air Base Wing commander, passes the organizational guidon to 2nd Lt. Joseph Hansen, new commander of the U.S. Air Force Band of the West, during the unit's change of command ceremony Aug. 5 at the Band of the West rehearsal hall. Stanley Lockaby, the band's musical resource director, in the background, participated in the ceremony.

## AF'S NEWEST SENIOR NCOS HONE SKILLS



**Photo by Robbin Cresswell**

Tech. Sgt. Jennifer Roth, 502nd Air Base Wing, Operating Location B, Chapel Services, Randolph Air Force Base, and 236 other Airmen selected for promotion to master sergeant, pledge to achieve the five specific goals required of senior noncommissioned officers Aug. 4 at Lackland's Arnold Hall Community Center. Two hundred thirty-seven Airmen who were recently selected for promotion to master sergeant recently took part in a week-long seminar designed to hone and improve their skills as future leaders. The Airmen from Joint Base San Antonio's three military installations – Fort Sam Houston, and Lackland and Randolph Air Force Bases – participated in the JBSA Senior NCO Professional Enhancement Seminar, held at several locations throughout JBSA Aug. 1-5. The seminar is designed to provide newly-selected master sergeants with an in-depth understanding of their increased supervisory, leadership and managerial responsibilities. Course curriculum for the five-day seminar was spread across the three JBSA military installations.



**SRMC from P3**

hanced the patient's care and improved non-commissioned officer leader initiatives.

Simmons stressed the importance of working as a team in her farewell remarks.

"As you journey through your careers, remember it is a team that makes an organization a success. There is no room for the 'I or me mentality,'" Simmons said.

"Thank you for your total commitment, professionalism, flexibility, sacrifice and enthusiasm," she said.

Huffman arrives at SRMC/BAMC after serving as command sergeant major at Bassett Army Community Hospital at Fort Wainwright, Alaska and was the senior enlisted medical advisor for Alaska.

# 717th Military Intelligence Battalion changes commanders

By Spc. Natalie Sampson  
470th MIB Public Affairs

With the historic Alamo as the backdrop, command of the 717th Military Intelligence Battalion passed from Lt. Col. James Royse to Lt. Col. Joseph Kushner July 28.

Col. Pierre Gervais, commander of the Fort Sam Houston's 470th Military Intelligence Brigade, presided over the ceremony, with an audience of friends, family and colleagues, as well as being observed by curious tourists visiting the famous landmark.

Troops from the subordinate battalion's Headquarters and

Headquarters Company, Companies A and B, flanked the 717th's Color Guard, representing the approximately 350 Soldiers comprising the signals intelligence battalion headquartered on the Lackland Air Force Base Annex.

In his farewell speech, Royse praised the Alamo Station unit by highlighting their contributions to the community and their individual and collective accomplishments and accolades.

"They improved mission effectiveness through deliberate mentorship, a refined training and education model, and a focus on rapidly helping Soldiers overcome deficiencies

and demonstrate their talent and potential," Royse said.

The unit traces its lineage to Monitor Station One, established in 1942. After the field station relocated to San Antonio in 1973, the unit obtained permission the following year from the Daughters of the Republic of Texas to designate itself as the Alamo Station. The battalion continues to identify with the Alamo and incorporates the famous façade in its unit insignia.

"It has been my privilege to serve the Soldiers of this battalion," said Royse, who is heading to an assignment in Germany. "I have witnessed their courage, selfless-



Photo by Gregory Ripps

Lt. Col. Joseph Kushner (left) receives the colors of the 717th Military Intelligence Battalion from Col. Pierre Gervais, 470th MI Brigade commander, signifying the battalion's change of command.

ness and teamwork and seen them band together to shoulder each others' burdens and celebrate triumphs. They impressed me daily but never surprised me because I understand their

enormous potential."

As customary for incoming commanders, Kushner's comments were brief. "It's an honor and a privilege to serve as your commander," he said.

## 502ND from P1

\$9.7 million and is Leadership in Energy and Environmental Design Silver certified.

"This impressive building is actually on the site of the Fort Sam Houston Thrift Shop, the place where people came to find valuable bargains," Maxwell noted.

"In the coming times of austere defense budgets, I hope the 502nd ABW headquarters will become the home of savings for Joint Base San Antonio."

Construction on the building was performed by Leetex Construction LLC, in partnership with Hill & Wilkinson Ltd., with GSBS Architects out of Salt Lake City as part of the team supporting the prime contractor.

"For those who were here last year for the

groundbreaking, I think you'll see that the finished project is everything you could have imagined and more," said Brig. Gen. Theresa C. Carter, 502nd ABW commander. "It is LEED silver certified, which means it is designed and built with the highest standards for environmental and energy performance.

"This is just one step on our journey to make Joint Base San Antonio a model for energy performance throughout the Department of Defense."

According to the LEED certification, 20 percent of the construction materials used contains recycled content and 76 percent of the materials were diverted from landfills and recycled.

"While we celebrate



the new today with the opening of this building, we also cherish and respect the past," Carter added. "We honor the rich traditions that are woven throughout historic installations like

Fort Sam Houston, and Randolph and Lackland Air Force Bases.

"This building we are celebrating today, the people who serve in it, and the people we serve from it, embody all that

is great about this country, as well as the men and women, both in and out of uniform, who volunteer to defend it each day," the general said.

The 502nd Air Base Wing consists of three

major support elements. The Air Force elements are the 802nd Mission Support Group at Lackland and the 902nd MSG at Randolph AFB, while Fort Sam Houston has the 502nd MSG.

Funded by the U.S. Air Force as part of the 2005 Base Realignment and Closure law, the new two-story facility cost approximately \$9.7 million and is Leadership in Energy and Environmental Design Silver certified. According to the LEED certification, 20 percent of the construction materials used contains recycled content and 76 percent of the materials were diverted from landfills and recycled.

Photo by Steve Elliott



# Wilford Hall inpatient psychiatry moves to BAMC

By Sue Campbell

59th Medical Wing Public Affairs

The Wilford Hall Medical Center Inpatient Psychiatry Flight moves to Brooke Army Medical Center Aug. 15.

The move is part of the Base Realignment and Closure process to relocate all inpatient services to BAMC.

The flight is comprised of active duty and civilian psychiatry, nursing, social worker, chaplain and mental health technicians who provide acute

psychiatric care.

“Our mission is to provide cutting edge patient care and education in a safe environment,” said Maj. Pamela Petree, chief, Inpatient Psychiatry Services.

“Our proficiency was recently verified during a Joint Commission accreditation where the surveyor said we were the safest unit she has ever seen.”

The staff will initially be all Air Force personnel, operating a nine-bed inpatient unit on 7 West at BAMC with plans

to move into the new consolidated tower once construction is complete.

This will be a new service at BAMC, which has never housed an inpatient psychiatry unit before.

“We are excited about the move and committed to continue providing the same high-quality, patient-centered care our patients have come to expect and deserve,” Petree said.

“We are dedicated to match each patient’s needs with the right care at the right time.”

## Thought of the Week

*Prayer is not an old woman's idle amusement. Properly understood and applied, it is the most potent instrument of action.*

— Mahatma Gandhi

## DIVE-IN MOVIES DONE FOR SEASON



Photo by Deyanira Romo Rossell

Ella Jane Smith floats in style with her father, Stan Smith, during "Despicable Me" Aug. 5, which was the last "Dive-in Movie" of the season at the Fort Sam Houston Aquatic Center.

# Operation Rising Star offers trip to Hollywood for military vocalist

By Tim Hipps  
IMCOM Public Affairs

Local competitions for the 2011 Operation Rising Star singing contest begin this week at 37 Army installations and depots around the world.

The competition, similar to the popular television show "American Idol" and televised on The Pentagon Channel, is open to Morale, Welfare and Recreation patrons from all branches of the U.S. military, including Family members 18 and older.

Locally, the competition takes place at 7 p.m. Aug. 18 at the Hacienda Recreation Center on Fort Sam Houston.

The grand-prize winner will receive an all-

expenses-paid trip for two to Los Angeles to record a three-song demo compact disc. The trip includes air fare, lodging, \$1,000 spending money and three days and nights of studio time with the support of top-rate musicians and recording technicians.

The professional studio time includes musicians, music arrangement, mixing and mastering, a vocal coach, an audio engineer and a CD producer. The approximate retail value of the prize package is \$18,700.

Performers must first win their local Operation Rising Star event, then get selected through video auditions for a spot in the 12-contestant finals



in San Antonio. One singer will be crowned the 2011 Rising Star at the conclusion of a week of live competition.

The finals are judged by a panel of celebrity judges, and the winner is ultimately determined by online voting at <http://www.OpRisingStar.com>. The website provides all contest details and a schedule of events.

Winners of events at the installation level receive \$500 for a first place finish, \$250 for second, and \$100 for third.

Audience members at each local competition can win prizes, too, thanks in part to the Veterans of Foreign Wars, the presenting sponsor of the 2011 Operation Rising Star

event. A \$300 Spirit Award will be awarded to the military unit or Family Readiness Group that provides the most support to a singer at the local competitions. Each night will feature a roll call of competitors for the Spirit Award, which will be awarded on the final night at each installation.

Local competitions will each have their own formats. Beginning Aug. 13 at Camp Bondsteel in Kosovo, Operation Rising Star performers will entertain every Saturday night throughout August.

For more information on the contest, including eligibility requirements and installation-level competitions, visit <http://www.OpRisingStar.com>.



**METC from P1**

tive years to earn the award, competing with about 120 other students for one of the coveted slots.

Selection is based on a number of criteria: academic performance, microscopic and diagnostic skills, leadership ability, initiative, acceptance of responsibility, dedication, and relationship to colleagues.

"Serving a dual role as Sailor or Soldier and student is extremely tasking to all students in the program. Kim has attained his outstanding academic performance while maintaining exceptional military

standards," said Jorge Franco, Kim's cytotechnology instructor.

"He became an academic mentor and tutor for several of his classmates that needed a little extra help," Franco added.

"If all Soldiers, Sailors, and students were like him, our job would be quite easy. It is my hope that Kim will return to the Interservice Cytotechnology Program to serve as an instructor someday and pass his knowledge and experiences on to new cytotechnologists," Franco added.

Throughout the intense 50-week course, he and his classmates successfully completed

a total of 2,000 hours of didactic and hands-on based instruction that included preparing for and taking 37 exams, participating in 24 microscopic workshops and listening to more than 80 lectures.

In addition to quizzes, homework, mentoring his classmates, and maintaining a strenuous physical training regimen, Kim conducted a presentation titled "Melanoma of the Soft Parts" during the 2011 American Society of Cytotechnology Conference while still a student in the program.

Upon completing the program, Kim achieved a final grade point average of 94.29 percent,

considerably higher than the minimum 70 percent required to graduate.

Additionally, he ranked in the top 2 percent of undergraduates affiliated with the George Washington University School of Medicine and Health Sciences, earning the "distinguished undergraduate scholar" honor as well as a Bachelor of Science degree in Health Science from the university, which all graduates of the program receive.

"I can only attribute my award to the dedication of the Navy and its leaders. The dedication of the Cytotechnology Program's instructors, to

sum up in one word, is relentless," Kim said.

"Although I only spent a few after school hours receiving extra instructions, I know that the instructors spent countless after hours and weekend hours making sure we understood the study material. Because of their dedication and hard work, I was not afraid to take my ASCP (American Society for Clinical Pathologists) national board exam," he said.

The year-long program, which is accredited by the Commission on Accreditation of Allied Health Education Programs, involves intense, comprehensive training covering such

topics as microscopic evaluation of various normal cellular components, benign and inflammatory abnormalities, and malignancies from all body sites, as well as techniques such as fine needle aspiration.

The program also consists of 25-weeks of didactic instruction and 25-weeks of supervised clinical training in a military health care facility.

About being selected for the Zeiler Award, Kim noted, "our program won the Zeiler award four consecutive years, I think the number speaks louder than my single personal achievement."

**VISIT NEWS LEADER ONLINE: [HTTP://WWW.SAMHOUSTON.ARMY.MIL/PAO](http://www.samhouston.army.mil/pao)**

# FSH firefighters partner with community to train, render aid, educate



Photos by L.A. Shively

Fire Capt. Lawrence Salinas and Firefighter Jason Stumbaugh perform overhaul and check for hidden spread of fire during live-fire training.

By L.A. Shively  
FSH News Leader

Sounding like bad guy Darth Vader from the film series “Star Wars,” with mechanical breathing and the clanging of extra air tanks echoing around the stairwell shaft, a team of Fort Sam Houston firefighters labors up 10 flights, in an Alamo Heights building, during an exercise preparing them to fight high-rise fires.

Getting to the top is only half the battle. Each firefighter carries nearly

75 pounds of gear: the suit, breathing apparatus, and fire-fighting implements. Others on the team might also carry a 75-pound, 150-foot hose or extra tanks of air weighing around 20 pounds apiece.

On the top floor, the team extends the hose line to a high-rise pipe and goes through several scenarios – each firefighter is winded but still capable of fighting a blaze.

“Can you imagine what the physical exertion on the 9/11 firefighters was – just climbing hundreds of

flights of stairs before they actually started to work?” asks Assistant Fire Chief John Cupell, Fort Sam Houston Fire & Emergency Services.

“It’s a very strenuous activity, so we need to keep our guys up to par,” said Alamo Heights Fire Department Division Chief Kevin Culak, who coordinated the exercise.

The annual high-rise drill was conducted as part of a mutual-aid agreement Fort Sam Houston has with other fire departments in San Antonio, and Cupell said, his firefight-



Firefighter Edward Morales climbs 10 stories while carrying a 75-pound, 150-foot hose in an Alamo Heights building during a high-rise fire fighting drill.



Firefighter Mark Born quickly dons his gear during an emergency response call on post.

ers could be called back to Alamo Heights, or some other area in town that may have tall buildings, at any time.

“The mutual-aid agreement is really paramount because community resources are limited,” Fire Captain Adam Martinez said, adding that many fire departments outside the post rely on volunteers.

The agreement allows the departments to train together and render aid together Martinez explained. He has been a firefighter with Fort Sam





Station Capt. Xavier Perea begins his descent down the side of the 50-foot training tower on post under the watchful eyes of Lt. Jim Oliveri and Firefighter Daniel Rasmussen.

Houston for 11 years.

A recent fire in Kirby warranted calls to several San Antonio fire departments including Fort Sam Houston.

Although the two homes involved were completely gutted and the fire was out, one Fort Sam Houston firefighter was tasked, together with two Kirby firefighters, to search inside one of the houses using a thermal imaging camera to identify hot spots.

Thermal imaging helps firefighters pick out the signatures of smoldering areas inside walls and other structures when the main fire has been extinguished. Once discovered, hot spots are quickly exposed and doused.



Fire Capt. Adam Martinez and Firefighter Jason Stumbaugh rush into the burn area as Assistant Fire Chief John Cupell gives guidance.

Martinez said that Fort Sam Houston firefighters respond to calls off post about once a month and occasionally his department will request assistance on post.

High-rise training also includes rappelling drills down a 50-foot, three-story tower on post. Rappelling is part of the job and the drills prepare the firefighters, who are all emergency medical technicians, for rescuing stranded workers atop multi-story buildings and buildings under construction, among other situations.

"We have low-angle rescue, high angle rescue and confined space. In the event that anybody falls to a level where they can't be reached by a ladder, or if it's too steeply graded, we can repel down to them, do medical treatment, patient packaging, and we can raise them back up," Fire Capt. Lawrence Salinas explains.

Salinas has been a firefighter for 13 years. His experience includes an active-duty stint with the military as an Air Force firefighter.

The newly-constructed tower also provides a first-floor burn room for realistic live-fire

training as well as hazardous materials and other types of training.

Fort Sam Houston Fire and Emergency services involves youth with nearly all of their training.

Members of Fire Explorer Post 1876 often repel with firefighters and assist in live fire scenarios.

Fire Explorer Robert Casteneda is gearing up for a trip down the side of the training tower. This is his first experience with rappelling and the teen says he has some trepidation.

"I'm a little scared of heights, but this is a one-in-a-life-time chance," 17-year-old Casteneda said. He wants to become a firefighter one day. "Just the feeling of saving somebody – I like that."

Despite his fear, Casteneda lowers himself down with assistance from a firefighter at his side.

Evan Garr is comfortable with the rappelling gear. He has recent experience from a Reserve Officer Training Corps camp, though this is his first day as a Fire Explorer.

Garr's friend, Chris Lamoureux, is also experiencing his first day as a Fire Explorer rappelling down the tower. The teens are excited about the Fire Explorer program.

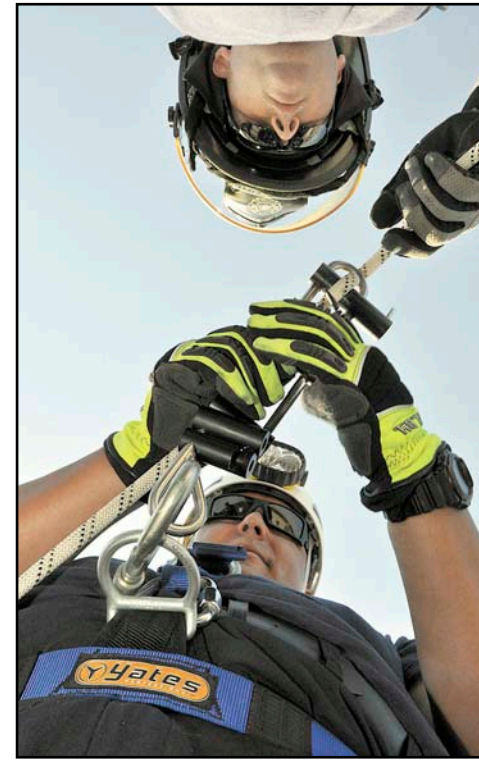
"I want to get more involved with this," Garr said, "to give back to the community."

Lamoureux said he prefers working with the firefighters, learning adventurous new skills and giving back to the community rather than sitting at home watching TV.

"Today's a great first day," Lamoureux said.

Fort Sam Houston firefighters often bring their training into the classrooms on post.

Firefighters discuss fire safety measures at home with the children and



Fire Capt. Adam Martinez sets up his rigging for repelling down the tower with help from Firefighter Daniel Cobb.

they don their suits, helmets and air tanks to encourage children to become familiar with how they look and sound.

"Whenever we put on the (Personal Protective Equipment) and respirator, I convey to the children that we sound funny, like a bad guy, like Darth Vader," explains Salinas. "Then I'll let them listen and touch the gear."

Salinas said he wants children to recognize they are the good guys even if they look and sound like the bad guys in movies.

"We want them to know we are there to help and not be scared or hide under the bed if a fire breaks out."



Fire Explorer Travis Hayden gives the thumbs up after locking in his rope. Locking in allows both hands free so that firefighters can work on a patient or victim stranded on the side of a building or cliff.

# August brings Army’s second anti-terrorism awareness month

By Brian Gebhart  
Army News Service

August is the 2nd annual Anti-Terrorism Awareness Month – an Army sponsored program designed to enhance awareness to prevent and protect people and information from terrorism.

The threat of terrorist attack against our homeland and our Army is real, enduring, and persistent. Extremist ideologies and separatist movements continue to have an anti-western and anti-U.S. orientation which continuously threatens our nation.

During AT Awareness Month, the Army is pushing information to installations, stand-alone facilities, and units, so that these communities are able to prepare, prevent

and protect themselves from terrorist acts.

This is of special significance as we approach the tenth anniversary of the 9/11 terrorist attacks on New York City and the Pentagon and with the recent killing of Osama bin Laden.

“The timing of the month in itself is certainly not by accident. We’re recognizing that we are coming into the 10th anniversary since 9/11,” said Col. Mark S. Inch, the Army’s deputy provost marshal general.

“Last year was the first year that we designated August as the Anti-Terrorism Awareness Month, and we found it very beneficial for having done so.”

Knowing that threats from terrorists – those with extremist ideologies that attempt to influence

others through acts of violence – are prevalent in our world, is the first step, Inch said.

“It’s been a persistent threat, it will be a persistent enduring threat and that’s why we always have to remain vigilant,” said Inch. “Clearly, the threat in today’s society is not going to go away.”

One focus of AT awareness is recognizing indicators and suspicious activities that could be potentially threats.

“Suspicious activity is not necessarily illegal activity,” said Inch, as he described scenarios such as people loitering or taking photos. “Report it, and let us match it with other information available.”

AT Awareness Month plays hand-in-hand with other Army programs, including iWatch Army – a program that centers

on identifying suspicious behavior and knowing who to report to.

While the program has only run for a year, the feedback from the individual communities has been encouraging.

“Though it’s difficult to measure the impact,” said Inch, “it’s very easy to see that it’s positive.”

Examples of AT measures and actions that can help protect installations, people, information, infrastructure, facilities and forces include:

An access control point manned by well-trained security guards enhances the AT posture and physical security of the installation

A family member who reports unauthorized photography of military facilities or observes other suspicious activities may help disrupt a potential terrorist plot

A Soldier who protects “For Official Use Only” information to maintain operational security contributes to the overall security of their unit and the installation

A commander who leads the development of AT plans and directs random AT measures



The Army’s Anti-terrorism Month encourages members of the community to report suspicious behavior that is known to be associated with terrorist activities.  
**Photo by**  
**Zach Morgan**

helps sustain Community vigilance and maintain a strong defensive posture

In terms of training, all Soldiers and civilians entering the Army receive AT Level I (individual) training by a certified antiterrorism officer.

The training includes individual measures that can be taken to protect Soldiers, civilians, family members, units, facilities, and equipment from terrorist attacks.

All Army personnel must receive annual refresher training, which is usually offered through an online portal (<https://atlevel1.dtic.mil/at/>). Family members (over the age of 14 years) accompanying a military member outside the United States on official business (usually a PCS move) must

also receive AT Level I training.

The keys to a successful antiterrorism program and the safety and security of the Army community are awareness, vigilance, a strong defensive posture, and the commitment of every Soldier, civilian, and family member to executing individual and collective antiterrorism protective measures 365 days a year.

More information about the Army’s Anti-Terrorism Awareness Month can be found at <https://www.army.mil/standto/archive/2010/07/30> or by contacting Brad Barrett, the Fort Sam Houston Army Support Activity’s anti-terrorism officer at 295-0534 or email [bradley.g.barrett.civ@mail.mil](mailto:bradley.g.barrett.civ@mail.mil).



# Nine-month Army deployments to begin in 2012

By Rob McIlvaine  
Army News Service

Beginning Jan. 1, 2012, most Soldiers will deploy for nine months, meaning more time at home with their families.

Army Secretary John McHugh signed a directive instituting a nine-month "boots on the ground" policy for deployed Soldiers, providing more "dwell" time at home for Soldiers and families.

"Implementation of this change is based on the projected demand for Army forces, and remains contingent on global security conditions and combatant commanders' requirements," said Lt. Col. Peggy Kageleiry, an Army spokesperson.

Corps units and above, and individual augmentee deployments will remain at 12-month deployments. The goal for the corps units is to eventually get to nine-month deployments.

Most augmentees – those with particular skills or those in low density skill sets and grades – will remain on

12-month deployments.

This change in policy, to be implemented fully by April 1, will affect Soldiers in all named operations, including Operation Enduring Freedom in Afghanistan, Operation Noble Guardian in Kosovo, and Multi-National Forces Sinai in Egypt.

Reserve and National Guard unit tour lengths will be the same as active duty – nine months. In their case, though, deployment and mobilization are two different issues. Even though these units may still be mobilized for 12 or more months, they will only spend nine months of that mobilization deployed.

It is clear to Army senior leadership that there are still issues tied to Guard and Reserve Forces that will need to be worked out, Kageleiry said.

Soldiers deploying under the change in policy will not be granted environmental morale leave – known as R&R – but commanders will retain the option of granting emergency leave and

leave for special circumstances, according to Army regulations and local policy.

"This policy will enhance operational success by reducing the friction that comes with having 10 percent of a commander's personnel

being away on leave in the middle of a deployment," Kageleiry said. "Operational continuity is enhanced and risk to the individual Soldier is reduced by not having to move a warrior around on the battlefield to go on leave."

Also, Kageleiry said, the reduced deployment length could potentially improve Soldier and family quality of life while continuing to meet operational requirements, and is an important step in sustaining the all-volunteer force.

The policy's goal is to reduce the amount of time Soldiers are deployed and provide more time for them to spend with their families, depending on the needs of the combatant commander and the potential of decreased operations. Units deployed before the policy takes effect in January will continue to have 12-month deployments.

Currently, deployment has been 12 months with a goal of 24 months at home.

Kageleiry said the Army will continue to review how to increase the amount of time Soldiers spend at home depending on the amount of time they are deployed.

"We are constantly analyzing all range of policies to address the issues of the mission, Soldiers, and families," Kageleiry said. "We believe that the current operational environment allows us to adjust the deployment policy in a way that meets all mission requirements and better serve our Soldiers and families."



Photo by Staff Sgt. Marcus J. Quarterman

Beginning in 2012, deployment time for many Soldiers will be reduced to 9 months in theater.

# 32nd Medical Brigade visits National Pacific War Museum

By Capt. Jonathan Akers  
D. Co. 187th Medical Battalion

Forty-six officers from the 32nd Medical Brigade paid a visit to the National Pacific War Museum in Fredericksburg, Texas, July 29, to honor those who fought in the Pacific theater during World War II.

"I always look forward to going back" said Capt. Jose Carranza, commander of Company B, 187th Medical Battalion, "I've been four times now and I'm not finished."

En route to Fredericksburg, the group discussed the difficulties faced by the men and women whose fortitude helped to bring about the end of World War II and reviewed an episode from the HBO miniseries, "The Pacific."

They discussed the logistical nightmare of casualty evacuation and the impossibilities of a quick and seamless move from the point of injury to a field hospital while contrasting the vast differences of today's casualty evacuation methods.

"As leaders, I think it's very important to

study history because it helps us understand the challenges our military faced in previous campaigns," said Lt. Col. Soo Lee Davis, 187th Medical Battalion commander. "It develops our ability to solve problems of similar complexity today."

As they filed off the bus and onto the granite steps near the conning tower of the USS Pintado (SS-387), the officers were greeted by Rich Koone, a retired Army service member and National Pacific War Museum representative.

"Welcome to the Pacific!" he stated before moving on to describe the hundreds of memories captured in letters and testimonies inside.

"Pay attention to what this museum has to offer," Koone advised. "It holds more than 900 artifacts and honors the more than 100,000 American men and women who gave their lives in the Pacific and Asiatic Theaters."

The museum, a seven-building complex located about 45 minutes outside of San Antonio, is not your typical small town archive.

This six-acre compound features a living history section that offers live beachhead battle reenactments, the Admiral Chester Nimitz Exhibit, the George H. W. Bush gallery, the Japanese Garden of Peace and more than 50,000 square feet of indoor museum space.

"We are fortunate to have a museum of such great quality nearby," said Capt. Dustin Soechting, Student Detachment commander.

"It is important for us to remember the work done and the sacrifices made by the service men and women who came before us."

The group had roughly four-and-a-half hours to tour the museum complex, which was hardly enough to experience the exhibitions in their entirety.

"I've been to the Pacific War Museum twice now, and I still have not seen everything it has to offer," Soechting said.

"My favorite portion of the museum is the walk-through battlefield showing what those making a beach landing during the Pacific campaign truly went through."



Photo by Capt. John Lopez

Officers from the 32nd Medical Brigade observe a simulated Japanese trench holding an anti-aircraft gun used to fire on the beaches of Tarawa, part of the six-acre museum complex of the National Pacific War Museum in Fredericksburg, Texas. The 46 officers took part in an Officer Professional Development tour hosted by 32nd Medical Brigade commander Col. William LaChance.

At the Living History area of the museum, the group was met by a museum representative who offered an inside look into a 1940s era hospital not given to visitors that day.

As he unlocked the wooden door to the Quonset hut and before he started the pre-recorded audio tracks, he offered, "This is for you as I'm sure it's very near to your hearts."

He set the stage with a description of a nurse and her distant penning of a letter to her family. As the officers listened to

the narration, they were surrounded by what can now be considered crude and primitive medicinal tools of a 1940s era Battalion Aid Station.

With their heads lowered in the dim light, nobody moved as the nurse described the countless unknown, yet familiar, faces and unending heartache she experienced while tending to the never-ending train of the young and broken bodies.

As the officers prepared to leave the museum, they filed past seven

white crosses, each holding a "dog tag" and each listing the total number of Americans killed and wounded separated by branch of service, including Merchant Marines and Civilians.

"No matter the challenge, the one thing that endures is the spirit of the American Soldier... the courage, sense of duty, and motivation," said Col. William LaChance, 32nd Medical Brigade commander, as he stood by the sobering number of 405,399 killed and wounded.



# 470th MI Brigade soccer team wins FSH championship

By Gregory Rippes  
470th MIB Public Affairs

The 470th Military Intelligence Brigade soccer team overcame a stalemate in the Fort Sam Houston Soccer Championship game July 28 to beat the post's Navy team, winning 3-1 in a penalty kick shoot-out.

When the brigade's team members arrived at MacArthur Field, things looked bleak.

"We began one goal down and had to play the entire game one man down at all times," said Capt. Alberto Frias. "This was due to us not having our female players, who had previous

engagements."

Six players against seven players wasn't the only handicap.

"We had only one substitute, and the Navy brought three substitutions for every player," said Maj. Peter Rangel, coach of the team. "Furthermore, the brigade's – and the league's – leading scorer, Spc. Oscar Marroquin, was on temporary duty at Fort Hood."

With a quick push on offense, the brigade team scored two goals in 10 minutes, but Navy tied the score going into half time.

The second half of the game mirrored the first, with the brigade team again scoring two goals and Navy scoring two as

well. Because the Sailors made their last goal with less than three minutes remaining, the play went into overtime, but at the end of overtime, both teams were still tied.

"After the referee blew his whistle signaling the end of overtime, we began to line up our players for the much-anticipated penalty kick shoot out," said Rangel. "The 470th won the coin toss, and we elected to kick first."

Ultimately, the brigade team won 3-1 on penalty kicks. Ironically, the brigade's high scorer for the game was Petty Officer 2nd Class Luis Ibarra, from the Navy Medicine Training Center, who was part of the brigade's

full team.

In addition to players already named, the brigade team roster for the season included Sgt. 1st Class Mina Vasquez, 1st Lt. Bryan Philpott, Chief Warrant Officer 2 Andres Toledo (Army South), Sgt. Maj. Jorge Rodriguez, (Army Medical Department), Sgt. Patricia Ceballos (Warrior Transition Battalion), Spc. Alex Acla, Pavel Caudillo and Ferdy Ramirez (U.S. Army Corps of Engineers).

Prior to the championship game, the brigade soccer team's record stood at 3-2-1. The team then won the semi-final game against the Brooke Army Medical Center team the previous week.



Courtesy photo

Showing off their championship trophies are members of the 470th Military Intelligence Brigade soccer team: (front row, from left) Sgt. Maj. Jorge Rodriguez, 1st Lt. Bryan Philpott, Pavel Caudillo, Maj. Lawrence Rangel, Spc. Alex Acla, Capt. Alberto Frias and Petty Officer 2 Luis Ibarra. The 470th Military Intelligence Brigade Soccer Team overcame a stalemate in the Fort Sam Houston Soccer Championship game July 28 to beat the post's Navy team, winning 3-1 in a penalty kick shoot-out.

## SLOC from P4

you go through this type of life-changing injury: What does the future have for me? What good am I going to be to society or to my family?"

Bruce noted that having others nearby at different stages of their healing allowed him to know what could be accomplished and gave him hope.

"It allows you to see what the future holds for you. There's no guess work, there's no thinking about it. It's right there in front of you," Bruce said.

"It's always important for the chain of command to dip down into the bottom echelons of rank and hear first hand their experiences, to give them perspective, so they can become better leaders,"

said Air Force Staff Sgt. Johnnie Yellock Jr., a combat controller.

"It means a lot for them to take time and talk to us," Yellock stressed.

Yellock was blown out of his vehicle in Afghanistan by a roadside bomb

and suffered extensive internal damage to both legs beneath the knees. His heels were shattered by the impact, with the right worse than the left. He was scheduled for another surgery Aug. 3.

Two other wounded

warriors participated in the panel, Marine Staff Sgt. Johnathan Rose and Capt. David Inbody.

Rose was injured by a roadside bomb in Afghanistan, suffering burns on his face, body and lost use of his left eye. Inbody was also hit by a

roadside bomb, ultimately having his foot amputated.

Zobrist said meeting wounded warriors was inspiring. "The wounded warriors were so humble . . . but we need to call them the heroes they are."



Force Support Squadron

Family & MWR

Announcements

**Tops in Blue Tickets**  
MWR Ticket Office and Roadrunner Community Center has free Tops in Blue tickets for the 7 p.m. performance Aug. 31 at Laurie Auditorium at Trinity University. Call 226-1663 or 221-2705 for information.

**Camp Bullis Archery Permit Sales Extended**  
Bow hunters have until close of business Aug. 19 to purchase an archery hunting permit. The drawing to select hunting areas for the season will be held at the Outdoor Recreation Center at Camp Bullis beginning promptly at 9 a.m., Aug. 20. All personnel that possess a DOD identification card may purchase an archery hunting permit. Stop by the Camp Bullis Outdoor Recreation Center before Aug. 20, to scout archery areas prior to the selection drawing. Call 295-7577/7529.

**Bodybuilding.com Military Spokesperson of the Year**  
Active duty and Reserve military members and their spouses can enter the Bodybuilding.com and MusclePharm 2nd annual 2011 Military Challenge until Aug. 15. Visit <http://www.Bodybuilding.com/Military> or call (208) 472.9311 to enter the competition.

**"We R Who We R"**  
The Center Stage Academy will hold "We R Who We R," Aug. 13 at 2:30 p.m. and Aug. 14 at 6:30 p.m. at the Harlequin Dinner Theatre, Building 2652 Harney Road. Call 222-9694.

**Harlequin Dinner Theatre**  
"Let's Twist Again" runs Thursday to Saturday through Aug. 13 at the Harlequin Dinner Theatre. Dinner served at 6:30 p.m. with an 8 p.m. curtain. Call 222-9694.

**SKIESunlimited Soccer**  
Wee Soccer will be held Aug. 12, 19, 26 and Sept. 2 from 9-10 a.m. for children ages 4-5. The cost is \$20 per child. Call 221-3381 or 771-2148 for information.

**Before and After School Care**  
Registration is underway at Parent Central, 2010 Stanley Road, Building 2797. Call 221-4871 for information.

**HIRED! Program**  
Now accepting applications through Sept. 12 for children 15-18 years old. Call 221-3164 for information.

**Story Time at the Library**  
The Keith A. Campbell Memorial Library invites parents with toddlers and preschool age children to story time Thursdays at 10 a.m. for stories, singing and arts and crafts. Call 221-4702.

**Operating Rising Star**  
Contestants can enter this singing contest for U.S. Military personnel and Family members by Aug. 12. Contest is Aug. 18 at 7 p.m. at the Hacienda Recreation Center, Building 1462 at the corner of Garden and W.W. White Road. Call 224-7250 for more information.

See MWR, P19

COMMUNITY

Announcements

**Defend Your Heart Research Study**  
The Center for Nutrition Research is conducting a process evaluation of a web-based nutrition education program to reduce cardiovascular disease risk among DOD beneficiaries. Must be active duty, retired and family member over the age of 18, have elevated total blood cholesterol above 200 mg/dL and elevated LDL above 100 mg/dL, currently not taking cholesterol lowering medications and do not have a pacemaker. If qualified, you will receive a blood pressure, body composition and lipid profile.

Rocco Dining Facility Menu

Building 2745, Schofield Road

*Dining Room Breakfast Hours:*  
*Monday-Friday 6:15-8:15 a.m.,*  
*weekends and holidays 8-9:30 a.m.*

**Friday – Aug. 12**  
**Lunch – 11 a.m. to 1 p.m.**  
Old fashioned bean soup, cream of broccoli soup, Creole chicken, beef stroganoff, cheese French bread pizza, blackened fish, grilled pork chops with onions, mashed potatoes, rice pilaf, baked sweet potatoes, collard greens, lima beans, glazed carrots  
**Dinner – 5 to 7 p.m.**  
Honey-glazed Rock Cornish hens, beef stir fry, salmon croquettes, spinach tortellini with marinara, redskin potatoes, long grain and wild rice, Brussels sprouts parmesan, corn on the cob  
**Saturday – Aug. 13**  
**Lunch – noon to 1:30 p.m.**  
French onion soup, cream of mushroom soup, turkey pot pie, grilled ham steaks, parmesan baked fish, vegetable egg rolls, Mediterranean brown rice, Franconia potatoes, parsley potatoes, herbed green beans, cauliflower combo  
**Dinner – 5 to 6:30 p.m.**  
Beef tacos, barbecued chicken, spaghetti and meat sauce, Italian pasta and broccoli, Mexican rice, garlic roasted potato wedges, hacienda corn and black beans  
**Sunday – Aug. 14**  
**Lunch – noon to 1:30 p.m.**  
Cream of broccoli soup, Midwestern tomato and rice soup, Swedish

Call 221-6274 or 719-310-6708 for information.

**Tobacco Quit Line**  
The Wilford Hall Tobacco Quit Line research study is available to active duty members, Reserve, Guard, retirees and dependents. This research study aims to assess the effectiveness of a tobacco quit line in the military. The research project includes telephone counseling sessions and nicotine patches at no cost to the participant. Call 1-877-726-6211 for information.

**Cloverleaf Communicators Club**  
The Cloverleaf Communicators Club is open to military, family members and civilians who are interested in developing or enhancing their leadership and communications skills. Meetings are held the

first and third Thursday of every month 11:45 a.m.-1 p.m. at San Antonio Credit Union, Stanley Road, in the conference room. Call 916-3406 or 221-8785 for information or visit <http://powertalkinternational.com/>.

**Toastmasters Club**  
The club meets the second and fourth Wednesday of every month noon-1 p.m. in the Joint Program Management Office conference room 1A, Building 4196. Call 663-4814 or 850-420-1610 or visit <http://www.futurespeakers.freetoasthost.org>.

**Van Autreve Sergeants Major Association**  
The SMA Leon L. Van Autreve

See COMMUNITY, P19

meatballs, sesame chicken breasts, chopstick tuna, grilled citrus chicken breasts, vegetable curry with rice, steamed rice, mashed potatoes, cauliflower au gratin, succotash, broccoli  
**Dinner – 5 to 6:30 p.m.**  
Grilled turkey patties, southwestern shrimp linguine, hamburgers, cheeseburgers, chipotle chicken Panini sandwiches, vegetarian burgers, grilled cheese sandwiches, mashed potatoes, vegetable stir fry, cauliflower combo, sweet potatoes fries, baked beans  
**Monday – Aug. 15**  
**Lunch – 11 a.m. to 1 p.m.**  
Chicken noodle soup, cream of mushroom soup, baked chicken, chili macaroni, Caribbean fish, baked breaded chicken fried steaks, vegan pierogi with marinara, brown rice with tomatoes, mashed potatoes, carrots, broccoli  
**Dinner – 5 to 7 p.m.**  
Oriental pepper steak, roast pork tenderloin, chicken lasagna, macaroni and cheese, parsley potatoes, spinach, corn  
**Tuesday – Aug. 16**  
**Lunch – 11 a.m. to 1 p.m.**  
Cream of chicken soup, tortilla soup, hot and spicy chicken, Yankee pot roast, grilled turkey patties with onions, beef enchiladas, red beans and rice, O'Brien potatoes, Mexican rice, green beans, refried beans, mixed vegetables  
**Dinner – 5 to 7 p.m.**  
Jerk roast turkey, hamburger yak-

isoba, chicken fajitas, vegetarian nuggets, rice pilaf, baked sweet potatoes, Spanish rice, cauliflower au gratin, Brussels sprouts combo, pinto beans, cauliflower  
**Wednesday – Aug. 17**  
**Lunch – 11 a.m. to 1 p.m.**  
Cream of mushroom soup, minestrone soup, braised beef cubes, grilled pork chops, chicken parmesan, vegetable pizza, mashed potatoes, parsley egg noodles, mustard greens, corn  
**Dinner – 5 to 7 p.m.**  
Santa Fe glazed chicken breasts, meat loaf, Cajun baked fish, baked breaded pork fritters with mushroom gravy, vegetable egg rolls, steamed rice, Lyonnaise potatoes, carrots amandine, broccoli  
**Thursday- Aug. 18**  
**Lunch – 11 a.m. to 1 p.m.**  
Cream of broccoli soup, chicken egg drop soup, pineapple chicken, vegetable lasagna, salmon croquettes, pepper steak, steamed rice, fried rice, garlic-roasted potato wedges, Brussels sprouts, pinto beans, broccoli combo  
**Dinner – 5 to 7 p.m.**  
Chicken enchiladas, Mexican baked chicken, beef fajitas, bean burritos, lemon baked fish, Spanish rice, steamed rice, Spanish-style beans, carrot and celery amandine, Mexican corn, green beans, parsley potatoes

*Menus are subject to change without notice*

## MWR from P18

### Microsoft Office Classes

Aug. 16 – Excel Level 2  
Aug. 17 – Word Level 2  
Aug. 18 – PowerPoint Level 1  
Classes are held at the Roadrunner Community Center, Building 2797 from 8 a.m.-noon. Registration is required. To register, call 221-2518/2705.

### Central Post Gym

The Central Post Gym is closed until November for renovation.

### 32nd Medical Brigade Gym

The Brigade gym is open Monday-Friday, 5 a.m.-9 p.m., closed weekends and holidays.

### Men and Women's Intramural Sports

Coaches and players are needed for flag football, basketball, soccer and softball. Register at the 32nd Medical Brigade Gym, Building 1281, Garden Road. Call 221-3003 for information.

### Zumba Classes

Classes are held at 5 p.m. Tuesday through Thursday at the Fort Sam Houston Fitness Center, 3569 Williams Way, Building 1369. Call 808-5709. The Jimmy Brought Fitness Center offers classes Mondays and Wednesdays at 5 a.m. and Thursdays at 5:30 a.m. Call 221-1234.

### Bowling Specials

Specials include Wednesday

nights, all you can bowl from 5-9 p.m. for \$20. AIT students can bowl for \$1 per game and \$1 shoe rental, Tuesdays from 11 a.m. to 9 p.m. at the Fort Sam Houston Bowling Center, Building 2521 Schofield Road. Call 221-3683.

### Language Classes

English as a Second Language classes are held Monday and Wednesday 5-7:30 p.m. and Spanish classes are held Tuesday and Thursday 5-7:30 p.m. at the Roadrunner Community Center, Building 2797, for military I.D. cardholders. To register, call 221-1372/2705.

## Calendar of Events

### Aug. 11 Design Illuminated Text

This event will be held 1-4 p.m. at the Keith A. Campbell Memorial Library as part of "A Midsummer Knight's Read." Call 221-4702.

### Aug. 13 Back to School Bash

The event is 10 a.m. to 1 p.m. at the Keith A. Campbell Memorial Library. Strap on your backpack and stuff it with school supplies. All MWR patrons and DOD ID cardholders are invited to enjoy free food and entertainment. Call 221-2307.

### Aug. 15 Pre-Deployment Planning

The class is 9 a.m.-3 p.m. at the Roadrunner Community Center Building 2797. Call 221-1829/0946

Call 808-5194.

### Diabetes Study

Do you have Type 2 diabetes? Are you overweight? You may be a candidate for a research study entitled, "Sleeve gastrectomy versus medical management for remission of diabetes in mild to moderately obese patients." Candidates must be military medical beneficiaries (retired and family members of active duty and retired), 18-65 years old, diagnosed with Type 2 diabetes and on medication. Active duty personnel are unable to participate. Call 292-2210 for information.

### Lost Property

If you have lost any property on Fort Sam Houston, call 221-2340.

### Movie Schedule

**Aug. 12,** "Source Code," rated PG-13 at the flagpole

**Aug. 13,** "Beastly," rated PG-13 at Dodd Field

**Aug. 26,** "I am Number Four," rated PG-13 at the flagpole

**Aug. 27,** "Gnomeo and Juliet," rated G at Dodd Field

Movies begin at dusk, around 8-8:30 p.m. Bring lawn chairs or blankets and enjoy free popcorn, snow cones and cotton candy. Call 221-2418/2704.

or e-mail samh.acs.mob.deploy@conus.army.mil.

### Saving and Investing

The class is 2-4 p.m. at the Roadrunner Community Center, Building 2797. Call 221-2380.

### Aug. 16 Family Readiness Support Assistant

The training is Aug. 16-17, 8 a.m.-3:30 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

### HUGS playgroup

The playgroup for parents and children up to age 5 meets

To claim items, you must have a form of photo identification and be able to identify the property.

### Aug. 15 Warrant Officer Association meeting

The August meeting of the Lone Star Silver Chapter of the U.S. Army Warrant Officer Association is at 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel Road. All active duty, retired, Reserve, National Guard warrant officers and family members of current or retired warrant officers are invited. For more information, call 221-7327 or 666-9818.

Tuesdays, 9-11 a.m. at the Middle School and Teen Center, Funston Road. Registration is not required. Call 221-0349/2418.

### Buyer Beware!

The class is 2-4 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-2380.

### Aug. 17 Negotiating Conflict

The class is 11 a.m.-1 p.m. at the Red Cross, Building 2650. Call 221-0349/0657.

### Mandatory Initial First Term Financial Readiness

The class is noon-2 p.m. at the Education Center, Building 2248. To register, call 221-1612.

### Aug. 18 Operating Rising Star

The event is Aug. 18 at 7 pm at the Hacienda Recreation Center, Building 1462 at the corner of Garden and W.W. White Road. Contestants must enter this singing contest for military personnel and family members by Aug. 12. Call 224-7250.

### Aug. 20 Bow Hunter Education

Classes are Aug. 20, 8 a.m.-4 p.m. at Aug. 21, 8 a.m.-1 p.m. Cost is \$15. Class size limited to 25 participants, with a minimum of 10. To reserve a seat, call 295-7529 or 295-7577.

### Aug. 23 Spouses' Club

The Spouses' Club of the Fort Sam Houston Area is hosting a welcome, beginning of the club year, 10 a.m.-1 p.m. at the Pershing House, 6 Staff Post Road. There will be information on membership, activities, food and vendors. Visit <http://www.scfsh.com> or e-mail [scfshpresident@gmail.com](mailto:scfshpresident@gmail.com) for information.

### Aug. 31 Free Health Fair

Adults and seniors are invited to get information about their health and improve their quality of life by attending a free health fair from 9 a.m.-noon at Lions Field Adult and Senior Center, 2809 Broadway. Call 826-9041.

## Religious Briefs

### Choir Workshop and Musical Celebration

A choir workshop will be held Aug. 24-26, 6:30-9 p.m. and a mu-

sical celebration will be held Aug. 27 at 6 p.m. at Dodd Field Chapel, 1721 Dodd Blvd. Dr. Gary Givens, Wheatley Heights Baptist Church, is the workshop facilitator. Call 241-1713, 382-1978 or 240-3944 for more information.



### Main Post Chapel, Building 2200, 221-2754

**Catholic Services:**  
4:45 p.m. - Reconciliation - Saturdays  
5:30 p.m. - Mass - Saturdays  
9:30 a.m. - Mass - Sundays  
11:30 a.m. - Mass - weekdays  
**Protestant Services - Sundays:**  
8:00 a.m. - Collective Protestant  
11:00 a.m. - Collective Protestant  
**Jewish Services: 379-8666 or 493-6660**  
8:00 p.m. - Fridays - Worship and  
8:30 p.m. - Oneg Shabbat

### Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

**Catholic Services:**  
9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays  
12:30 p.m. - Mass - Sundays  
**Protestant Services:**  
10:30 a.m. - Gospel Protestant - Sundays  
9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided  
6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays, child care is provided  
**Samoan Protestant Service:**  
2:00 p.m. - Sundays

Web site: <http://www.samhouston.army.mil/chaplain>

### Brooke Army Medical Center Chapel, Building 3600, 916-1105

**Catholic Services:**  
8:30 a.m. - Mass - Sundays  
11:30 a.m. - Mass - Sundays  
**Protestant Services:**  
10:00 a.m. - Worship Service - Sundays  
**Episcopal/Lutheran Rite services:**  
12:30 p.m. - Traditional worship - Thursdays

### Center for the Intrepid, first floor, 916-1105

**Christ for the Intrepid services:**  
5:30 p.m. - Coffee and fellowship - Sundays  
6:00 p.m. - Contemporary worship - Sundays

### AMEDD Regimental Chapel, Building 1398, 221-4362

**32nd Medical Brigade Student services**  
**Catholic Mass:** 8:00 a.m. - Sundays  
**Contemporary Protestant Service:** 9:30 a.m. and 11:01 a.m. - Sundays  
**Muslim Jumma:** 1:30 p.m. - Fridays

**Installation Chaplain Office, Building 2530, 221-5007**  
**Church of Jesus Christ of Latter Day Saints:**  
8:30 a.m. - Sundays



**For Sale:** Round game table, wood with four leather chairs, \$95; black computer chair, \$20; dryer, \$65; fax machine with telephone, \$15; beige metal five drawer filing cabinet, \$40. Call 241-1291.

**For Sale:** Nordic Track 1 treadmill, hardly used, \$500; two wardrobes, 4 feet by 6 feet by 20 inches deep, \$75 each; new Generac 5,000-watt generator, \$500. Call 860-8436.  
**Garage Sale:** Aug. 13, 8 a.m.-5 p.m., 8282 Woodcliff Blvd. in Selma.

Email items to [fshnewsleader@gmail.com](mailto:fshnewsleader@gmail.com) by noon on Monday for that week's edition. Limit of five items per advertisement.

## REMINDER CALENDAR

**Aug. 11** Back to School Bash/LMH Residents Quarterly Town Hall Meeting, 6-8 p.m., Main Resident Center  
**Aug. 12** Medical Instruction Facility No. 3 dedication, 7 a.m., METC Campus  
**Aug. 13** Back to School Bash, 10 a.m.-1 p.m., Keith A. Campbell Library  
**Aug. 19** IMCOM Ribbon Cutting, 8 a.m., IMCOM HQ, Building 2262  
**Aug. 22** First Day of School for FSHSD  
**Aug. 25** Consolidated Monthly Retirement Ceremony, 9 a.m., Quadrangle

## COMMUNITY from P18

Sergeants Major Association meets the third Thursday of each month at 5 p.m. at the Longhorn Café, 1003 Rittiman Rd. All active duty, Reserve, National Guard and retired sergeants major are invited and encouraged to attend. Call 221-0584 or 889-8212 for information.

### Sergeant Audie Murphy Club

The SMA Leon L. Van Autreve Chapter of the Sergeant Audie Murphy Club meets the third Thursday of each month at noon in the Men's Card Room at the Fort Sam Houston Golf Club. All Sergeant Audie Murphy or Sergeant Morales members are invited and encouraged to attend.